**PSALM 143**

Benedictus Dominus.

*The prophet praiseth God, and prayeth to be delivered from his enemies. No wordly happiness is to be compared with that of serving God.*

A psalm of David against Goliath.

**1** Blessed be the Lord my God, who teacheth my hands to fight, and my fingers to war.

**2** My mercy, and my refuge: my support, and my deliverer: My protector, and I have hoped in him: who subdueth my people under me.

**3** Lord, what is man, that thou art made known to him? or the son of man, that thou makest account of him?

**4** Man is like to vanity: his days pass away like a shadow.

**5** Lord, bow down thy heavens and descend: touch the mountains, and they shall smoke.

**6** Send forth lightning, and thou shalt scatter them: shoot out thy arrows, and thou shalt trouble them.

**7** Put forth thy hand from on high, take me out, and deliver me from many waters: from the hand of strange children:

**8** Whose mouth hath spoken vanity: and their right hand is the right hand of iniquity.

**9** To thee, O God, I will sing a new canticle: on the psaltery and an instrument of ten strings I will sing praises to thee.

**10** Who givest salvation to kings: who hast redeemed thy servant David from the malicious sword:

**11** Deliver me, And rescue me out of the hand of strange children; whose mouth hath spoken vanity: and their right hand is the right hand of iniquity:

**12** Whose sons are as new plants in their youth: Their daughters decked out, adorned round about after the similitude of a temple:

**13** Their storehouses full, flowing out of this into that. Their sheep fruitful in young, abounding in their goings forth:

**14** their oxen fat. There is no breach of wall, nor passage, nor crying out in their streets.

**15** They have called the people happy, that hath these things: but happy is that people whose God is the Lord.